



## Crumbly Connection Kit



Meaningful ways to strengthen your bond with your daughter

Parenting a girl today can feel overwhelming--with social pressures, emotional ups and downs, and the constant noise of the digital world. But connection doesn't require perfection. It starts with presence, play, and small, consistent CRUMBZ of love.

This guide is here to help.



### The 3-Minute Morning Check-In

Here is a simple ritual to employ for school mornings:



- What's one thing you're looking forward to today?
- What might feel tricky to you?
- How can I support you today?



### Bake & Bond Activity: Make It a Good Morning Muffins!

Prep time: 5 minutes    Cook Time: 20 minutes    Total Time: 25 minutes

Makes 1 dozen muffins



#### What you need:

2 cups all-purpose flour

Can use 1 cup each of wheat and all-purpose

1/2 cup sugar

1 Tbsp. baking powder

1/2 tsp. salt

2 eggs (beaten)

**What if I am feeling nutty?**

If you want to mix in some choc chips or nuts, you definitely can!

1/2 cup oil

1/2 cup milk

Almond milk will work fine



#### What you do:



- Preheat the oven to 400 degrees F
- Line a 12 cup muffin tin with paper liners or spray each cup with cooking spray and set aside.
- In a mixing bowl, combine flour, sugar, baking powder and salt and stir together.
- Add in eggs, oil, and milk and mix just until combined. ---> Do not overmix!
- Scoop into the prepared muffin tin and bake for 15-20 minutes, or until golden and the tops spring back into place when you press on them (be careful as they will be hot!)



Be sure to keep these in a sealed container to save. Great with butter and/or jam for a quick go-to breakfast!



## Connection section...

While adding and blending the ingredients... a good question to ask is...

"Ingredients are the foundation to any good recipe, adding just the right amount is what makes them special... what things about you make you feel special?"

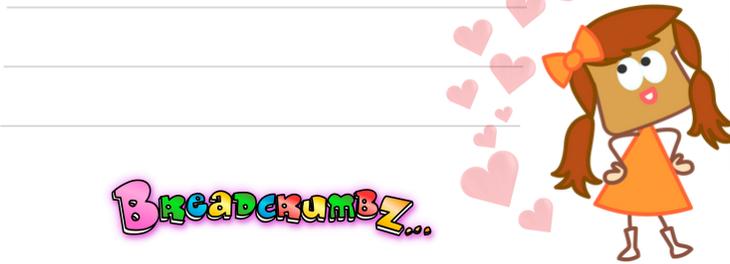
Another idea is to talk about how challenging it can be to \*not\* "overmix" the ingredients (especially when it is so satisfying to stir ingredients together) Then ask "Can you think of a difficult time that happened to you recently?"



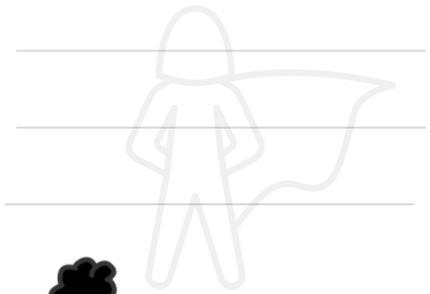
## Connection Card Printables

Cut these out and use them as notes to leave in rooms, or lunchbox, etc.

One thing I love about you is...



I noticed you were really brave when...



Let's try something fun together this week! How about we...



# ♥ Social Survival Mini-Guide

What to say when your child says...



"No one likes me!"

## Stay objective

Don't immediately assume you know the problem

## Don't overreact

Try not to become emotional or angry about the situation.

## Get more information

You need to get to the bottom of the situation, and find out what is really going on. Your child might just be having a conflict with a friend.

By remaining objective and not overreacting you can gather a lot more information to help you work with your child on coping skills. It might mean that she needs to learn how to express her feelings better when they are hurt by others, or maybe she needs to cast a wider net of friends and not rely on just one to be there for her all the time.

## When to listen vs. when to problem-solve



So then I told her that I would have to ask you to...

Problem-solving skills are such a necessity for girls (especially when dealing with girl drama at school!) When your daughter brings a problem to you don't rush to provide an answer for her. (Yes, this could take more time but it is worth it!) Let her explain the situation to you, then give her an opportunity to resolve it without your input. You might have to switch roles with her, or even do some role-playing scenarios for her to see opposing viewpoints, but by helping her become a better problem solver--you are building her confidence!

# ♥ One Question a Day Journal Prompts

Start a habit of journaling together! Spend time answering journal prompts with questions like:

"What was one thing that made you feel proud today?"

"When was a time that you felt left out and why?"

"If you had a magic power, what would you use it for?"



# ♥ Mom & Daughter Mini Dates

There are all kinds of ways to connect without spending money!

Go on a nature walk and play "I spy a story..." where one of you spies something on the walk and the other has to come up with a story about it.

Break out some sidewalk chalk and create a crazy and fun hopscotch pattern. Make up your own rules each time you try it. (Like, two jumps and turn... etc.)



# Crumby Conflict Decoder (CCD)

When your daughter brings you some type of girl drama, make sure you put it through the CCD.



How does this make you feel and what do you think you should do?

Find out how much this situation affects her and what her thoughts are about how to resolve it.

What do you want to say (to those involved) and what would you want to hear?

If she has something she needs to say to clear the air, what is it? Or, does someone else need to say something?

How can you stand up for yourself kindly?

Girls need to be reminded that they are always allowed to stand up for themselves in a kind way.



## Affirmation Mirror Game

Use the Catch the Match Positive Affirmation Card Game (available on our website).

Or print and cut out affirmations like "I am enough," "I like myself" etc.

Attach to the mirror and take turns saying it to the mirror. (You first, then your daughter) It might seem strange at first, but it will become natural.



## "Our Safe Word" Strategy

Come up with a fun word or phrase your daughter can use when she is overwhelmed and needs a minute... or needs your support.

You get the idea...

"Pumpnickel Pause"

"Shake and brake"

"Bread Brake"



This builds emotional safety and trust.



## A Note to Moms...

You don't have to be a perfect parent to be powerful. You are doing more than you know just by **SHOWING UP...** with love.

Loved this guide? Get more Crumby goodness, problem-solving stories, printable activities and more at My Crumby World [www.mycrumbyworld.com](http://www.mycrumbyworld.com)

